



2023 East Zone Age Group and Intermediate Invitational
March 17-19, 2023
Exeter, NH

Meet Managers: Leah Mucci, lmucci@mvymca.org
(978) 802-0059

Venue: **Phillips Exeter Academy**
Roger Nekton Championship Pool
20 Main St.
Exeter, NH 03833

GPS Address:
Chadwick Lane,
Exeter, NH

Parking: Park in designated parking lots P-1, P-2, P-5, P-6 and/or Thompson Fieldhouse parking garage only. See map for parking lot locations below.

Nearby Hotels: Hampton Inn & Suites Exeter
59 Portsmouth Ave, Exeter, NH 03833
(603) 658-5555

Fairfield Inn & Suites by Marriott Portsmouth Exeter
138 Portsmouth Ave, Exeter, NH 03833
(603) 772-7411

Sanctioned By: United States of America Artistic Swimming

Rules to Govern: 2022-2023 USAAS Official Rules
Current East Zone Synchronized Swimming Handbook

Eligibility: Open to all Intermediate, 12&Under Age Group, Youth (13-15/16) Age Group, and 16&Over Age Group with exceptions of over qualifications listed below.

Swimmers must hold 2022-2023 USAAS Membership.

An athlete may only enter 3 total events. Free combination and Acrobatic Routines routines do not count toward the 3 events.

An athlete may not compete in duplicate events. Example: An athlete can enter 12&Under Age Group team and 11-12 Intermediate solo. She cannot enter 12&Under Age Group team and 11-12 Intermediate team.

Over Qualification: Any swimmer that participated in the East Zone Youth (13-15/16) Championships and/or the East Zone Junior/Senior Championships is overqualified for the Invitational in that event only.



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Coach Eligibility: Any person coaching on deck must hold (at least) a Level 2 CCP, current safety certifications and Safesport.

Venue Rules: **NO FOOD ON THE POOL DECK**
NO GLASS ON THE POOL DECK OR IN THE LOCKER ROOMS
GEL IN DESIGNATED AREA ONLY
NO DE-KNOXING ALLOWED - \$100 fine
Keep swim bags in designated areas - The Thompson Gym or locker rooms (please look for signage – teams will be assigned specific areas).

Team Banners: Please hand in at check in.

Concessions: Full concessions and merchandise will be offered throughout the meet.

Coaches and officials will be provided with meals, snacks and beverages. Hospitality will be located in the pool office for snacks and beverages; a separate room upstairs will be designated for meals from the concession stand between sessions.

Pool Specs: Length: 25 yards
Width: 8 Lanes
Depth: 12 ft to 7 ft
Distance of water from deck level: 1 ft +
Two one-meter diving boards at deep end
Type of Pool; Entry: Deep end, spectator seating in bleachers (seating for 850)

Walk-ons/Deckwork: No running or cartwheels are allowed at the facility.

Events: **Intermediate 10&U, 11-12, 13-15, 16&Over:** Figures, Solo, Male Solo, Duet, Mixed Duet, Trio, Team,
Intermediate 13 & Over: Free Combination
12&Under: Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
Youth (13-15/16): Figures, Solo, Male Solo, Duet, Mixed Duet, Team, Free Combination
16&Over Age Group: Free Solo, Free Male Solo, Free Duet, Free Mixed Duet, Free Team, Acrobatic, Free Combination
AWD Tier 1, 2, 3 & 4: Figures, Solo, Male Solo, Duet, Mixed Duet, Trio, Team

Note: A Free Combination event may be held in four age divisions: 12 & under age group, Youth (13-15 age group), 13&Over intermediate, and



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16&Over Age Group. An Acrobatic Routine event may be held in one age division: 16&Over. An athlete may enter the Free Combination event in only one age division. An athlete may enter either the Free Combination event or the Acrobatic Routine event in the 16&Over age division, **but not both**.

Figures:

Figures as per USAAS Rules. Figures will be drawn using the following links at 8:00 AM on Wednesday, March 15th, 2023.

Intermediate Figures:

https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=int

12 & Under Age Group Figures:

https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=ag12u

Youth Figures:

https://figure-draw.web.app/draw_figure_group.html?dt=2023-03-15T12%3A00%3A00Z&fd=youth

Entries:

Entries and coach cards for each routine must be shared by **Saturday, March 4th, 2023**.

Share entries/coach cards through Google drive to the following emails:

lmucci@mvymca.org
Eastzonevpawards@gmail.com
gil@sharonim.com
kellyjanian@yahoo.com
kristakarwosky@gmail.com
eugenia.gillian@gmail.com
kayla.parvana@gmail.com

Entries Fees and Meet Registration

Registration Instructions

<https://drive.google.com/file/d/0B51fbmDQQ4w0RGRoZnZwTIRrd1E/vi ew?usp=sharing>

Registration Link

<https://docs.google.com/spreadsheets/d/1ZD5OAGzgivygatUWLDbW2HYKdw1HCdZT1J9Nr2BXV0s/template/preview>



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Note: Before submitting the form, please make sure to enter the meet name

Coach Cards

Share coach cards using a Google or Dropbox folder containing all the coach cards.

Software Link:

https://www.integrationsports.net/iss_mms_synchro_download.asp

Use the following naming conventions (see bolded below) when saving files. Routine names should be “space” separated.

Divisions and Category Options:

10&U, 11-12, 13-15, 16&Over Intermediate, 12&U AG, Youth (13-15/16)
AG, 16&Over AG Free, 16&Over AG Tech

16-17 AG Duet CSG Smith 16-17 = Division AG or INT – Category (Age Group or Intermediate) Duet = Routine event CSG = Club Abbreviation/ Three Letter Code ** Smith = Last name of the first alphabetical member of the routine

Entry fee: \$12 per swimmer, per event.
Sponsor fee: \$15 per swimmer.

Mail FEE FORM (google doc) with check payable to “ANA Synchro”.
Please mail check to

ANA Synchro
Attn: Leah Mucci
165 Haverhill St.
Andover, MA 01810

Payment must be received by the entry deadline. Please do NOT bring checks to the pool the day of the meet as this causes confusion and slows down the progress of the meet.

Awards: Medals will be given for places 1-3, Ribbons 4-12 in each event.



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Digital Music Submission:

Deadline: Saturday, March 4th, 2023

Submit to: anasynchromusic@gmail.com

Please bring your music on a device (iphone, ipad, ipod, smartphone or tablet) with a 1/8" TRS (headphone) jack as a backup. A CD player will NOT be available as back up.

Digital Music Submission Guidelines:

1. Digital music files (M4A, MP3) are to be submitted for routines for this competition.
2. Music files may be sent as email attachments or shared using a file sharing/ transfer service - Dropbox, Google Drive, OneDrive, WeTransfer, etc.
3. We recommend submitting 160+ kbit/sec M4A/AAC or higher quality audio for best sound results.
4. If sending MP3 files, 192+ kbit/sec is recommended.
5. A minimum one second leader (silence) before the music starts added to all files is recommended.
6. Files received before the deadline will be transferred from emails to a computer, and then imported to iTunes or a compatible program and each file tested to ensure it plays. You will not be contacted if your music is submitted on time and if the music works. You will only be contacted if your music is missing or will not play.
7. Contact Leah Mucci (lmucci@mvymca.org) if you have any questions.

Use the following naming conventions (see bolded below) when saving files.
Routine names should be "space" separated.

Divisions and Category Options:

12&U AG, Youth (13-15/16) AG, JR Free, JR Tech, SR Free, SR Tech

16-17 AG Duet CSG Smith 16-17 = Division AG or INT – Category (Age Group or Intermediate) Duet = Routine event CSG = Club Abbreviation/ Three Letter Code ** Smith = Last name of the first alphabetical member of the routine
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Tentative Schedule (based on pre-meet survey responses):

Saturday, March 18th	
8:00 AM	Doors Open
8:15 AM - 8:25 AM	12U AG Figure Lap Swim
8:25 AM - 8:40 AM	12U AG Figure Warm-up
8:45 AM - 9:30 AM	12U AG Figure Competition (35)
9:30 AM - 9:40 AM	Intermediate Figure Lap Swim - First Half
9:40 AM - 9:55 AM	Intermediate Figure Warm-up - First Half
9:55 AM - 10:05 AM	Intermediate Figure Lap Swim - Second Half
10:05 AM - 10:20 AM	Intermediate Figure Warm-up - Second Half
10:20 AM - 12:20 PM	Intermediate Figure Competition (101)
12:20 PM - 12:30 PM	Break
12:30 PM - 12:40 PM	12U AG, Youth & 16&O AG Solo Lap Swim
12:40 PM - 12:55 PM	12U AG, Youth & 16&O AG Solo Routine Warm-up
1:00 PM - 1:30 PM	12U AG, Youth & 16&O AG Solo Competition (6)
1:30 PM - 1:40 PM	12U AG, Youth & 16&O AG Duet Lap Swim
1:40 PM - 1:55 PM	12U AG, Youth & 16&O AG Duet Routine Warm-up
2:00 PM - 2:30 PM	12U AG, Youth & 16&O AG Duet Competition (6)
2:30 PM - 2:40 PM	12U AG, Youth & 16&O AG Team & Combo Lap Swim
2:40 PM - 2:55 PM	12U AG, Youth & 16&O AG Team & Combo Routine Warm-up
3:00 PM - 3:20 PM	12U AG, Youth & 16&O AG Team Competition (4)
3:20 PM - 3:25 PM	12U AG, Youth & 16&O AG Combo Competition (1)
3:25 PM - 3:35 PM	Break / Age Group Awards Presentation in Gym
3:35 PM - 3:45 PM	Intermediate Team Lap Swim #1
3:45 PM - 4:00 PM	Intermediate Team Routine Warm-up #1
4:00 PM - 4:10 PM	Intermediate Team Lap Swim #2
4:10 PM - 4:25 PM	Intermediate Team Routine Warm-up #2
4:25 PM - 4:35 PM	Intermediate Team Lap Swim #3
4:35 PM - 4:50 PM	Intermediate Team Routine Warm-up #3
4:55 PM - 6:05 PM	Intermediate Team Routine Competition (14)
6:05 PM - 6:15 PM	Intermediate Combo Lap Swim
6:15 PM - 6:30 PM	Intermediate Combo Routine Warm-up
6:35 PM - 6:40 PM	Intermediate Combo Competition (1)

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Sunday, March 19th	
8:00 AM	Doors Open
8:15 AM - 8:25 AM	Intermediate Solo Lap Swim
8:25 AM - 8:40 AM	Intermediate Solo Warm-up
8:45 AM - 10:15 AM	Intermediate Solo Competition (21)
10:15 AM - 10:25 AM	Intermediate Duet Lap Swim #1
10:25 AM - 10:40 AM	Intermediate Duet Warm-up #1
10:40 AM - 10:50 AM	Intermediate Duet Lap Swim #2
10:50 AM - 11:05 AM	Intermediate Duet Warm-up #2
11:10 AM - 12:55 PM	Intermediate Duet Competition (27+1 mixed)
12:55 PM - 1:05 PM	Intermediate Trio Lap Swim #1
1:05 PM - 1:20 PM	Intermediate Trio Warm-up #1
1:20 PM - 1:30 PM	Intermediate Trio Lap Swim #2
1:30 PM - 1:45 PM	Intermediate Trio Warm-up #2
1:50 PM - 2:50 PM	Intermediate Duet Competition (15)
3:00 PM	Intermediate Awards Presentation in Gym

The final schedule will be distributed no later than Friday, March 10th.

All swimmers should be prepared to swim throughout the weekend. Families should also prepare for delays in the schedule due to technical review and scores processing.

It is very possible that routine scores will not be available after each routine swim. Technical controllers and judges will hold a post event competition meeting for review of coach card declarations and major potential deductions flagged by the Technical Controllers.

Please be prepared for delays in the schedule as we all adjust to running meets under the new World Aquatics rules.

Age Group Free routines will be conducted in the following order: 12&Under AG, Youth (13-15/16), 16&Over AG.

Intermediate routines will be conducted in the following order: 10&Under intermediate, 11-12 intermediate, 13-15 intermediate, 16&Over intermediate.